

Healthy Team Challenge 2011

8-WEEK PROGRAM

Disease Prevention Program

START TRACKING: MONDAY, JULY 11
PROGRAM ENDS: SUNDAY, SEPTEMBER 4

Who can participate? SRPMIC Community Members, Residents of SRPMIC, SRPMIC Tribal Employees & Enterprise Employees (Saddleback, Landfill, Devco, FSI, Casino AZ, Material Group & Talking Stick)

Sign up at Salt River Fitness Center
Wednesday, June 29 – July 8
All participant must do pre-weigh in

The Health Team Challenge program is designed to help you develop a consistent exercise routine to move you toward a healthier you.

This program will challenge you to work within a team, no matter what your fitness level. Great for beginners to advance individuals.

RULES:

- 2 people per team
- Minimum of 30 minutes 3 times a week of exercise (each person)
- Track minutes & days
- Bi-weekly check-ins

• All participant who complete the program will earn an incentive from DPP

• The top team in the following will be awarded addition incentive

****TEAM WITH THE MOST WORKOUT MINUTES****

****TEAM WITH THE MOST WORKOUT DAYS****

QUESTIONS? CALL DPP FITNESS STAFF @ 480-362-7320

